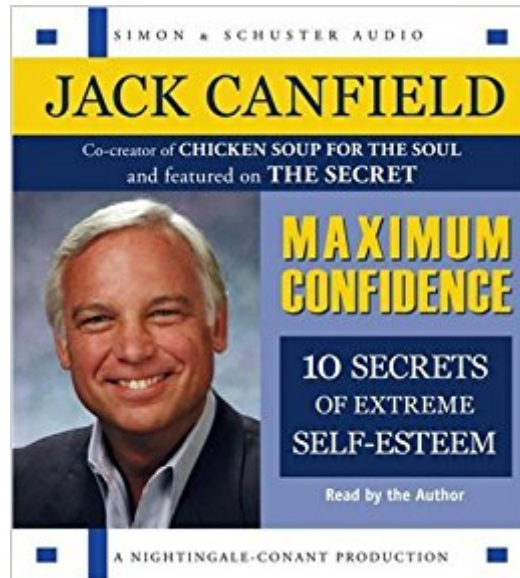


The book was found

Maximum Confidence: Ten Secrets Of Extreme Self-Esteem



Synopsis

Jack Canfield is an internationally known expert in the areas of self-esteem, peak performance and the psychology of achievement. His insights in *The Secret* have helped millions discover the awesome power of the Law of Attraction. Now, in *Maximum Confidence*, Jack Canfield will help you to develop winning habits that will pay off everyday. Empowering you to celebrate and capitalize on your strengths and accept your weaknesses without guilt or remorse. In this program, he'll show you: Why you should associate with nourishing, rather than toxic, people. How, by using your mind, imagination, emotions, body and intuition, you can create a positive focus. How to rid yourself of anger, guilt, or sadness. How to use the Total Truth Process to boost your confidence and personal power. How to eliminate the drain of incomplete tasks. The importance of celebrating your strengths and affirming your success. How to adopt the "so what, do it anyway" philosophy. And much more! Prepare to join the thousands of people whose lives have been changed through this powerful process. *Maximum Confidence* is your ticket to a life of continuous personal growth and fulfillment.

Book Information

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Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (68 customer reviews)

Best Sellers Rank: #150,237 in Books (See Top 100 in Books) #192 in Â Books > Books on CD > Health, Mind & Body > Self Help #195 in Â Books > Books on CD > Health, Mind & Body > Personal Growth #840 in Â Books > Self-Help > Self-Esteem

Customer Reviews

I highly recommend buying these 5 cd's to absolutely everyone. Jack helps you to rediscover yourself to a new level of existence. He shows you how to handle negative input in a positive way, how to be a better parent, friend, co-worker, you name it! There is alot of great ideas about how to improve your business, clean up your life, get healthy, wealthy, and much more. Its tough to stop listening to them when you need to do something else in your day. His voice is very pleasant and up

beat to listen to, and he gives many examples in his own life of things he's been through, and what he did about it. There are many other interesting stories as well. These 5 cd's are very well put together. As Jack says in the cd's, (I'm paraphrasing), "If you appreciate what somebody has done for you; write 'em a letter and thank them." Well Jack, this is my letter to you... Thank you for these cd's! They have really helped me to be the best person I can be, to love myself, and others, to be a more giving person, to be the person in the room that's upbeat and smiling... Thank you Jack! It is my privilege to give you a 5 star rating on your product! My tag for , email, and other places is "fixitforgood", I can tell you this with certainty, if you buy Jack's 5 cd's, he will help you "fix it for good!"

I was not expecting this program to be this good for the price I thought I was only getting 1 disc. Not 5 and when I applied some of the techniques he mentions during the course THEY work.

Jack Canfield is absolutely wonderful. This is perfect for anyone looking to maximize their confidence and live life to the fullest! Don't be skeptical, this REALLY does work! I've spent hours listening to it and using his advice and my life has gotten so much better by the day!! Listen to me, you cannot waste another minute even thinking about this...just get it! and you absolutely will not regret it!

I am a fan of Jack Canfield but regret having purchased this item. He did not put together this 5 CD collection about the topic but rather it is a collection of slices from various speeches with a couple minutes here and there that apply to the title. In essence after editing all his other works they sliced out a minute or two here and there where they feel it applied to the topic. Because of this it is very choppy and hard to follow. Also the manufacturer of these CD's ships them in a cardboard wrapper with no protection for the read side of the CD's so they arrived scratched and dirty.

I have been buying tapes and books and now CDs on various self improvement topics for years and I can say that without a doubt, this one has been the most effective and helpful of any that I have ever bought or any seminars that I have ever attended. It is really not just self confidence, it is a fabulous way to approach life positively. And you aren't expected to be perfect right out of the gate! I find myself providing tidbits to my teenagers (and will have them listen a few times in the summer). In turn, they are providing the same to their friends who think I'm a wizened guru. Ha! I'm on my 3rd way through the CDs, I have notes that still have some holes and I've made my first index card, but I

will eventually implement everything he has suggested. I haven't even really consciously worked at it too much and all the negative self talk is just fading away. Bravo, Jack Canfield. You are really a gift. Many thanks!!! My life is already better because I have these CDs and I am happily looking forward to many things in the future.

After reading the many reviews, I bought this CD in the hopes that it's as good as advertized and it was! It comes in a neat, 5 CD package that is chock full of insightful tools and information and it was one of the best investments I've ever made! Jack Canfield is a joy to listen to. His voice is strong and pleasant. Even though it was evident that the entire CD collection was compiled from different seminars, I didn't find it distracting. However, I do agree with another reviewer that the 10 steps weren't presented clearly. They seemed jumbled. In spite of this minor con, I still gave it a 5 star for its content. I found the title of this CD a bit misleading because it goes beyond self-esteem and self-confidence, it shows you how to live your life positively. I love reading books on the subconscious mind and positive thinking, so this CD appealed to me very much. I loved the stories that were interspersed throughout the CDs. Jack Canfield says, "Comparison is a fast-track to misery." He goes to explain that when we compare, we tend to compare to only one area of our lives. So if I am comparing myself to a successful person, this very same person might not be so successful in his marital area. If we are going to compare, we must compare evenly, in all areas of our lives. The techniques presented are simple and doable. I recommend these CDs if you're looking for self-improvement or just to live a great life. Everyone can benefit from listening to this.

These CD's really made me view my life differently! I have listened to these CD's at least 4 times each, and I plan on listening to them more. If you do the things that Jack Canfield tells you to try, then I guarantee you that you will start to become a happier, and more confident person. He says things that make you think, and he just has a way of making you realize that you are, in fact, a worthwhile person, which is a very hard thing for someone to do. Also, pair this with the "Self-Esteem Workbook" by Glenn R. Schiraldi for an even better change.

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